

A Guide To
ROYAL SUCCESS
in BAKING



ROYAL BAKING POWDER

THE EVOLUTION OF BAKING POWDER

It hardly seems possible that the delicious, tender cakes and biscuits we so greatly enjoy today are direct descendants of the sun-baked slabs of grain and water our primitive ancestors considered so good.

Yet, the most important and essential difference between them is the presence of a leavening agent.

EARLY COOK BOOK RECORDS

Practically all the recipes for cakes published in old cook books mention large numbers of eggs—which apparently were depended upon to some extent for leavening. These cakes must have been strange indeed by comparison with what we call cake today! In the late seventeen hundreds, we do find records of “pearl-ash” being used in molasses and ginger cakes. Following its use came Saleratus, a crude form of our present baking soda, which had to be used with sour milk, vinegar or molasses. It was not too popular with housewives, because cakes made with it were coarse-grained, streaked, yellow in color and usually had the unmistakably persistent acrid taste of strong soda.

THE FIRST BAKING POWDER

But in 1855 “The Practical American Cook Book” published news of a wonderful new combination of soda and Cream of Tartar. Cakes made with this were said to be tender, fine-textured and wonderfully delicious.

“At last,” thought housewives, “a really satisfactory quick acting leavening agent has been found.”

Unfortunately they soon discovered that this was not entirely true. For,

unless they blended these ingredients correctly, and in the right proportion each time the results were most uncertain.

ROYAL INTRODUCED IN 1866

In 1866, however, American housewives were offered a combination of Cream of Tartar and soda, prepared commercially by careful measure and exact rule, perfectly blended, carefully sealed in cans and always ready for instant use. This was called Royal Baking Powder.

It met with immediate approval, for it represented a sure and safe way of leavening flour mixtures—a way that abolished guess-work and waste and increased the certainty that what went into the oven would come out perfectly raised.

ROYAL BECOMES THE STANDARD

Because of its marvelous leavening action, as well as its purity and wholesomeness, Royal—the Cream of Tartar Baking Powder—has become a household standard throughout the world . . . serving faithfully and efficiently in millions of particular homes.

For Royal Baking Powder in its tight covered tin, can be depended upon to keep its full leavening power and fine quality in all climates. Damp, muggy weather . . . blistering heat . . . bitter cold . . . are all the same to Royal!

And this reputation for fine quality and dependability is well deserved. No efforts are spared in making Royal Baking Powder. . . Ever since it was first manufactured by two chemists in a little Indiana town, more than 70 years ago, the greatest possible care has been taken to have each of its ingredients pure, wholesome.

Today, with modern scientific bakeries in every community—producing the most delectable bakery products—cakes, rolls, sweetened buns, coffee cakes, cookies and a host of other baked foods, there is little necessity for the housewife to spend time on baking. To those, however, who are interested in the fundamentals of baking, this book may be found helpful.

CREAM OF TARTAR

...its story

Cream of Tartar is considered the choicest material from which baking powder can be made. It is a natural fruit acid obtained from fine, ripe grapes. The story of how it is obtained by an entirely natural process, and without the addition of chemicals, is most interesting.

Argols, the raw material from which Cream of Tartar is obtained, come from France, Italy, Greece, Algiers, Spain, Africa, Argentina and Chile. The industry in France is typical of all the aforementioned countries.

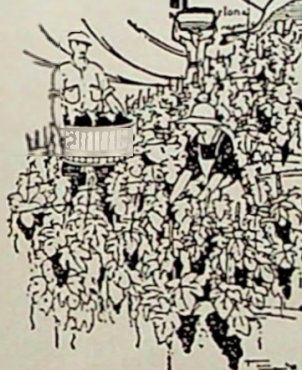
Clustered about the blue waters of the Mediterranean is the country of vineyards in Southern France. Here is the Department of Herault, and its capital city, Montpellier. It is a city full of medieval interest and memories, with its narrow winding and crumbling streets, famous monuments and interesting relics of old Roman fortifications. It is also a modern and prosperous city with spacious boulevards, fine squares and promenades.

The countryside, as it spreads out from Montpellier, wears a mantle of rich vineyards. In the Fall, after the mellow Summer sunshine has ripened the grapes, the crops are gathered in—for at this season the grapes carry the richest content of tartrates.

THE PRECIOUS INGREDIENT

Still warm and fragrant from the sun that beats on the vineyards, the grapes go into huge presses where they are gently squeezed to extract the juice without crushing the seeds. The juice is then set aside in great clean vats to cool and age. From 3 days to 3 months it stands, and during this time the wonderful process of Cream of Tartar crystallization begins.

Crystals, very small at first, gradually form just as they do in sugar syrup. These crystals are Cream of Tartar and have the beautiful purple



A full third of the entire area of the Department of Herault in Languedoc is planted with vines. It is from such vines that the Cream of Tartar for Royal Baking Powder is obtained from the juice of luscious ripe grapes.

color and the rich fragrance of the grapes themselves. The longer the juice stands and the cooler it becomes, the larger the Cream of Tartar crystals grow.

These purple crystals are commercially known as "argols" (see page 4). They are removed from the vats and shipped to America where they are put through a rigorous process of washing, boiling and recrystallization to remove the color and other foreign ingredients, and to refine them completely. Then they are ground into a very fine white powder and are at last ready to be used in Royal Baking Powder. The great care that has been taken throughout, both in obtaining the acid from the grapes, and in refining the Cream of Tartar crystals, results in a product of remarkable purity.

THE SIMPLE CHEMISTRY AND COMPOSITION OF BAKING POWDER

CLASSIFICATION

Every baking powder which is manufactured and sold commercially is grouped as one of three types—

1. Tartrate Baking Powder
2. Phosphate Baking Powder
3. Alum-Phosphate (or S.A.S.) Baking Powder

THE COMMON INGREDIENT—SODA

All three types of baking powder contain one ingredient in common—bicarbonate of soda (better known as "baking soda"). Within its small white crystals is contained all the leavening gas which cannot be released until an acid ingredient (for example sour milk) is mixed with it. When this occurs as in cake batter, thousands of tiny bubbles are released. These bubbles contain carbon dioxide gas (CO_2), the same gas that causes the sparkling and bubbling in a glass of ginger ale or soda water.

THE ACID INGREDIENT

In manufacturing baking powder the soda cannot be mixed with a liquid, so the "Acid Ingredient" must be in the form of a dry fine powder. When liquid such as milk or water is added to a mixture containing flour and baking powder, this acid ingredient releases the leavening gas from the soda, and minute gas bubbles are formed throughout the mixture. The heat of the oven further assists in the even formation of these bubbles, thereby making a well-leavened, light, even-textured loaf. This "Acid Ingredient" determines into which of the three groups the baking powder will be classified.

CORNSTARCH

This is the ingredient generally used in baking powders to keep the grains of soda and acid ingredient separate and dry. Moisture in the air will cause some of the leavening gas to be lost in the can. This is the reason why

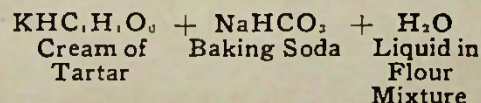
it is important to keep the can tightly covered and to use only dry spoons for measuring.

TARTRATE BAKING POWDER

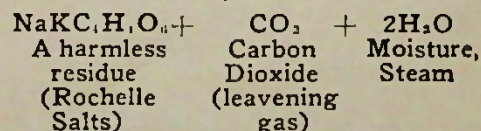
1. Royal Baking Powder is the outstanding powder in this class. It is so-called because it contains Cream of Tartar, a natural fruit acid of grapes. Tartaric acid is also used to more perfectly continue the leavening process. Since it is simply another form of Cream of Tartar and is also derived from grapes, it can be considered here as the same acid. Both of these acid ingredients, Cream of Tartar and tartaric acid, act immediately upon the soda as soon as liquid is added to a flour mixture containing this baking powder.

While still in the mixing bowl, gas is released in the batter. When the mixture is placed in a heated oven, more bubbles are formed at an even, steady rate, and the gas gently expanded by the heat. This steady action in the oven comes from the Cream of Tartar, producing fine, even texture.

Here is a simple picture showing how the Cream of Tartar in Royal Baking Powder leavens flour mixtures—



EQUALS



OTHER BAKING POWDERS

2. Phosphate Baking Powder uses for its acid ingredient a form of phosphate chosen for keeping quality and wholesomeness in producing baked foods.

3. Alum-Phosphate (or S.A.S.) Baking Powder contains a combination of acid phosphate and Sodium-Aluminum-Sulphate from which the term S.A.S. baking powder is derived.

INGREDIENTS CHART

Cream of Tartar Baking Powder



RIPE GRAPES are pressed and the juice allowed to stand for a long time. In this juice there are formed gradually, just as in sugar syrup, small crystals or . . .



ARGOLS which retain the coloring matter of the grapes. The longer the juice stands the larger the crystals become. These argols are crude and unrefined when shipped to this country and from them . . .



CREAM OF TARTAR CRYSTALS are produced by washing out all the coloring matter and recrystallizing. These pure white crystals are then ground to a powder giving us the . . .



CREAM OF TARTAR which with tartaric acid, derived likewise from grapes, is used in the manufacture of cream of tartar baking powder.

BAKING SODA

or Bicarbonate of Soda, from which comes the carbon-dioxide gas, is used in all baking powders.

CORNSTARCH

is used in practically all baking powders to keep the powder dry.



ROYAL BAKING POWDER

is composed of the following ingredients:—Cream of Tartar, Tartaric Acid (the acid of grapes), Bicarbonate of Soda and Starch.

INGREDIENTS IN GENERAL

FLOUR. Unless otherwise specified, the flour indicated in Royal recipes means bread or all-purpose flour milled from Spring wheat. Bread flour contains more gluten and is best for breads, rolls and biscuits. It is also satisfactory for cakes. For those who prefer a fluffier and more delicate biscuit or cake, pastry or cake flour, which is milled from Winter wheat and contains more starch and less gluten, should be used.

MEALS. Corn meal, rye meal, graham meal, oatmeal (ground) and bran should be mixed with other dry ingredients without sifting as their dietetic value lies in their husks or bran coats.

BAKING POWDER. A Cream of Tartar baking powder (Royal) is decidedly preferable because of its uniform results. In cakes and other baked foods Royal Baking Powder promotes fine texture, delicate flavor, excellent keeping qualities and perfect wholesomeness.

SHORTENING. Shortening is butter, lard, oil or solid vegetable fat used in cooking. Use a good leaf lard or vegetable fat for breads, rolls, pastry and biscuits, or part butter and part other fat. Use butter or margarine in cakes, with the exception of molasses or gingerbread, where lard or vegetable fat may be used. Butter, because of its flavor, is recommended for cakes, butter icings and fillings. For white cakes, a white shortening is often preferred.

MILK. Whole sweet milk is intended where recipes call for milk. Soda must be used with sour milk or buttermilk; $\frac{1}{3}$ teaspoon of soda to 1 cup thick, sour milk, in addition to the baking powder, is the proportion. Unsweetened, evaporated milk may be used if equal amount of water is mixed with milk before measuring.

SUGAR. *Granulated* sugar is intended where simply sugar is mentioned for breads, cakes and boiled frosting. For cakes, a very finely granulated sugar is recommended or ordinary sugar sifted two or three times.

Powdered sugar makes a fine cake but one that will dry out quickly. It does not make a perfectly smooth icing.

Confectioner's or XXXX Sugar or Icing Sugar is used for uncooked icings and fillings. It combines readily with liquid, making a smooth, glossy icing.

Brown Sugar, the lighter and finer brown sugar has a more delicate flavor and is recommended where Royal cake recipes call for brown sugar.

MOLASSES is most wholesome and is used in dark fruit, molasses and spice cakes and to flavor breads. It may be substituted for sugar in the same proportion, using a little less liquid. To neutralize the acid, use $\frac{1}{2}$ teaspoon soda for each cup of molasses.

HONEY is a wholesome sweet. It may be used to sweeten breads and may replace all the sweetening in cakes and cookies if $\frac{1}{3}$ teaspoon soda is added for each cup honey to neutralize the acid; less liquid is also required.

CHOCOLATE AND COCOA. Unsweetened chocolate is generally used in baking. Chocolate contains more fat than cocoa; so, where cocoa is substituted in a cake, use $3\frac{1}{2}$ tablespoons cocoa and add $\frac{1}{2}$ tablespoon butter for each ounce or "square" of chocolate called for. Either sift cocoa with dry ingredients or mix with just enough milk or water to make a paste and add directly after eggs or egg yolks. Chocolate is usually melted, and specific directions for preparing and adding it are given in the recipes. Avoid over-heating chocolate as it tends to "curdle". Melt over hot water, keeping the water below the boiling point. Cool before adding to cake mixture.

NUTS AND FRUITS. Almonds should be blanched before using. Pour boiling water over almonds; let stand until skins loosen; drain and slip off skins with the fingers. Chop or slice them while soft; place in a shallow pan in a slow oven to dry.

All fruit should be well picked over; some must be washed and well-drained before flouring with very small amount from the measured flour. Heated and floured scissors will cut fruit without sticking. Raisins are plumper and more juicy if heated in the oven for three minutes.

CORRECT TEMPERATURES FOR BAKING

Careful baking is just as important as tested recipes and proper mixing. All up-to-date recipes give definite temperatures and time for baking.

OVEN CONTROL. Practically every gas and electric range manufactured today is equipped with thermostatic oven control. This mechanism is built into the stove and is accurate and dependable. It is only necessary to set the indicator or "wheel" for desired temperature; switch on the current, or light the gas, turning on full. Do not regulate the oven heat by turning fuel valves. When required temperature is reached, the flow of current or gas is automatically controlled to maintain an even, steady heat.

OVEN THERMOMETER. A portable oven thermometer may be used in any oven where there is no automatic

control. It is placed in the oven when first lighted and left in during the entire baking. Place on the middle shelf where the baking is to be done. As the oven becomes hot, the thermometer registers the temperature in degrees. It is then necessary to adjust the gas flame so desired temperature will be maintained and registered on the thermometer. Experience will soon make this a simple matter.

PAPER TEST. Although this test is not as accurate as either the oven control or thermometer, it will prove helpful when other means of testing the oven are not available. Place a piece of white unglazed paper in center of oven after it has been lighted for ten minutes. The heat is correct when the paper browns in the time specified below.

<i>Food</i>	<i>Baking Time</i>	<i>Oven</i>	<i>Average Degrees Fahr.</i>	<i>Paper Test</i>
Breads, Quick Loaf	60 mins.	Mod.	375°	1½ mins.
Biscuits	12 mins.	Hot	475°	½ min.
Muffins	20 mins.	Mod.-Hot	375°-425°	1 min.
Layer and Cup Cakes	20-25 mins.	Mod.	*375°	1½ mins.
Loaf Cakes	50-60 mins.	Mod.	*350°	1½ mins.
Cookies	10 mins.	Mod.-Hot	*400°	1 min.
Angel and Sponge Cakes	40-50 mins.	Mod.	350°	1½ mins.
Pastry Shells	10 mins.	Very Hot	475°	½ min.
Meringue	15-20 mins.	Slow	325°	2 mins.

*Depending upon kind of cake, cookie or pie.

FOR SUGAR SYRUPS

CANDY THERMOMETER. May be used for all sugar syrups, including jelly. It may be purchased, mounted on a frame which clips on to the saucepan, and is left there during the entire cooking. The mercury bulb must always be below the surface of the syrup. It must register at least 300° F. If an unmounted thermometer is used, hold the thermometer in the center of the syrup and do not

let it touch the bottom or sides of pan.

COLD WATER TEST. If you have no thermometer, this test may be used. Drop a small amount of the syrup into a cup of cold water. The proper consistency or "stage" for the particular syrup is indicated below. While testing the syrup remove the saucepan from the direct flame to prevent over-cooking.

<i>Food</i>	<i>Degrees</i>	<i>Cold Water Test</i>
Fudge Frosting	232° F.	Very soft ball
Boiled Frosting, Fudge, Fondant, Penuche	238° F.	Soft ball
Caramels	242° F.	Firm ball
Sea Foam Frosting	248° F.	Firm ball

HOW TO MEASURE

It is the accepted rule in all modern schools of cookery and present day cook books that *all measurements are level*. They must be made level in order to follow recipes accurately. Only in this way can uniform results be obtained every time. Level measurements are intended in all Royal recipes.

The standard measuring cup, holding one-half pint (8 ounces), is meant wherever a cup is mentioned. This cup may be purchased in glass or metal and is marked off into thirds and fourths. To measure one cup of liquid, fill to the very top; to measure part of a cup accurately, leave cup on table and pour in liquid; for dry ingredients fill cup heaping full, lifting ingredients into cup with a spoon, scrape off level, using back of straight knife.

Measuring spoons, both the tea-

spoon and tablespoon size, may be purchased singly or in sets. Those in sets include one-half and one-fourth teaspoon measures. To use, fill the spoon heaping full, then scrape off excess until level with edge of spoon, using the back of the knife. To measure a half teaspoon or tablespoon, level off as directed then divide lengthwise of the spoon; one third is measured cross-wise of the spoon.

It is interesting and at the same time amazing to see how much difference there is between a really level teaspoon and one that appears to be level. In the illustration, note that a rounding teaspoon contains at least two level teaspoons, while a heaping teaspoon may contain from four to five level teaspoons, depending upon how deft the cook is in heaping the ingredients. This clearly shows why level measurements are important.



1 level teaspoon

1 rounding teaspoon

1 heaping teaspoon

10 GUIDES TO SUCCESSFUL BAKING

To attain perfection in baking, especially cakes, is the ambition and aim of every young housewife—and to maintain such perfection is the pride of the long-experienced cook. There is no trick or act of magic in reaching this goal—only a few, simple, fundamental rules that, once learned, easily become everyday knowledge.

1. Use accurate, tested recipes.
2. Read the *entire* recipe and try to visualize each step.
3. Use only the best materials. (See page 5). They are most economical in the end.
4. Have all utensils and materials on hand, and collected together, before starting to work.
5. Baking pans come in many sizes, so note how much the recipe makes

before deciding which pan to use. Prepare them before starting to work.

6. Light and adjust the oven and pre-heat ten minutes before using.

7. Sift flour before measuring, then measure amount recipe requires. Sift again with baking powder and other dry ingredients to evenly blend them.

8. Use *level* measurements for all materials; be systematic and accurate so results will not vary.

9. Test the oven if an oven control is not used. (See page 6). Remember the baking is as important as the mixing.

10. Place baking pan in center of the middle shelf where the heat is uniform if only one pan is used.

ROYAL BISCUITS

The Master Recipe

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 4 tablespoons shortening
- $\frac{3}{4}$ cup milk or $\frac{1}{2}$ milk and $\frac{1}{2}$ water

Sift together flour, baking powder and salt; add shortening and mix in thoroughly with fork. Add liquid to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out $\frac{1}{2}$ in. thick. Cut with floured biscuit cutter. Place on greased pan. Bake in hot oven at 475° F. about 12 minutes. Makes 16 two-inch biscuits.

HANDLING BISCUIT DOUGH. When properly made, biscuit dough is handled quickly and lightly and only enough to give the dough a smooth appearance. If it is worked for 2 or 3 minutes, a slightly different texture results which is desirable for some quick breads. As little flour as possible should be used on the board

and the dough should be patted or rolled lightly to the desired even thickness.

KEEPING BISCUIT DOUGH. Biscuits may be mixed, cut out and kept several hours before baking. They must be well covered and brushed with melted butter to prevent a dry crust from forming over the tops. Place in refrigerator or other cool place. About one-half hour before baking remove from the refrigerator and let stand at room temperature to "warm up." Bake as directed.

HIGH ALTITUDE. No change is necessary except at a very high altitude of 11,000 feet. Reduce the baking powder to 3 teaspoons and baking temperature to 425° F.

COMMON CAUSES OF FAILURE. Insufficient mixing; rolling dough too thin; handling too much or baking in too slow an oven.

BISCUIT VARIATIONS

Buttermilk Biscuits

- 1 master recipe for Biscuits
- $\frac{1}{4}$ teaspoon soda
- $\frac{3}{4}$ cup buttermilk or sour milk

Sift soda with dry ingredients when making biscuit dough. Use buttermilk in place of sweet milk. Bake as directed. Makes 16.

Orange Biscuit Squares

- 1 master recipe for Biscuits
- 1 tablespoon sugar
- grated rind and juice of 1 orange

Mix dough, adding sugar and grated orange rind to dry ingredients. Turn out on floured board and roll $\frac{1}{2}$ inch thick. Cut in 2-inch squares and sprinkle with granulated sugar and orange juice. Bake in a hot oven at 475° F. about 10 minutes. Makes 12.

Cheese Biscuits

- 1 master recipe for Biscuits
- few grains cayenne
- 1 cup grated cheese

Sift cayenne with dry ingredients when making biscuit dough. Add cheese after shortening. Bake as directed. Makes 24.

Corn Meal Rolls

- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup yellow corn meal
- $1\frac{1}{2}$ cups flour
- 4 teaspoons Royal Baking Powder
- 1 teaspoon salt
- 4 tablespoons shortening
- melted butter

Scald milk; remove from fire and add corn meal. Mix well. Sift together flour, baking powder and salt; add shortening and mix in thoroughly with fork. Add corn meal and milk mixture to make a soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out $\frac{1}{4}$ inch thick. Cut with floured biscuit cutter; brush tops with melted butter, crease through center with back of knife and fold over in pocket-book shape. Bake in hot oven at 425° F. about 15 minutes. Makes 24.

ROYAL MUFFINS

The Master Recipe

2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt
2 eggs, beaten
1 cup milk
4 tablespoons melted shortening

Sift together flour, baking powder, sugar and salt; add eggs, milk and melted shortening; mix all together quickly. Half fill greased muffin pans; bake in moderately hot oven at 400° F. about 20 minutes. Makes 12 muffins.

HANDLING MUFFIN BATTER. This flour mixture contains a large proportion of liquid making quite a thin bat-

ter. Because of the consistency, the bubbles of leavening gas are quickly released and care must be taken to retain this gas as much as possible. Therefore, the batter should be mixed and baked as quickly as possible.

COMMON CAUSES OF FAILURE. Insufficient stirring causes coarse texture. Over-stirring makes tunnels, peaks and knobs on top and a soggy texture. Improper baking temperatures, either too high or too low, cause a coarseness in crumb.

HIGH ALTITUDE. No changes in recipe; bake in hotter oven at 450° F.

RECIPES

Blueberry Muffins

1 master recipe for Muffins
1 cup blueberries

Wash and drain blueberries, sprinkle with 3 tablespoons sugar and a little sifted flour. Add to mixture last. Bake as directed. Makes 12.

Cranberry Muffins

1 master recipe for Muffins
 $\frac{3}{4}$ cup cranberry halves
 $\frac{1}{2}$ cup powdered sugar

Mix cranberries with sugar and let stand. Add to muffin mixture last. Bake as directed. Makes 12.

Graham Muffins

1 cup flour
4 tablespoons brown sugar
 $\frac{3}{4}$ teaspoon salt
4 teaspoons Royal Baking Powder
1 cup graham flour
1 cup milk
1 egg, beaten
4 tablespoons shortening, melted

Sift together white flour, sugar, salt and baking powder. Add graham flour. Add milk, egg and melted shortening; beat well. Half fill greased muffin pans and bake in hot oven at 425° F. about 20 minutes. Makes 12.

Pecan Muffins

1 recipe for Graham Muffins
 $\frac{1}{2}$ cup chopped pecans

Make graham muffin mixture as directed, adding the nuts to dry mixture. Half fill small greased muffin pans. Place a half pecan on top of each. Bake as directed. Makes 12.

Rice Muffins

1 egg
1 cup milk
1 cup cooked rice
3 tablespoons melted shortening
 $1\frac{1}{2}$ cups flour
5 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt
2 teaspoons sugar

Beat egg, add milk, rice and melted shortening; mix thoroughly. Add flour sifted with baking powder, salt and sugar. Mix together quickly. Fill greased muffin tins $\frac{2}{3}$ full. Bake in moderately hot oven at 425° F. about 30 minutes. Makes 12.

Corn Sticks

$\frac{1}{2}$ cup flour
3 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
1 cup yellow corn meal
1 egg, beaten
1 cup milk
2 tablespoons melted shortening

Sift together flour, baking powder and salt; add corn meal and mix thoroughly. Add egg, milk and shortening. Bake in greased, hot iron corn stick pans in moderately hot oven at 400° F. about 30 to 40 minutes. Makes 9 large or 12 small sticks.

Cheese Muffins

1 master recipe for Muffins
 $\frac{3}{4}$ cup grated cheese

Add cheese to muffin mixture last. Bake as directed. Makes 12.

QUICK LOAF BREADS

The Master Recipe

- 1½ cups flour
- 5 teaspoons Royal Baking Powder
- 1 teaspoon salt
- ¼ teaspoon soda
- 1½ cups graham flour
- 1½ cups milk
- ¼ cup molasses
- ½ cup brown sugar
- 1 tablespoon shortening, melted

Sift together first 4 ingredients; add graham flour. Mix together milk, molasses and sugar. Add to dry ingredients. Mix well. Add melted shortening; mix in well. Bake in greased loaf pan in moderate oven at 350° F. about 1 hour. Brush top with melted butter immediately after removing from oven. Makes 1 large loaf.

BAKING SUGGESTIONS. Quick breads may be baked immediately or they may be covered and kept in a cool place for several hours until ready to bake. (If kept in refrigerator, let stand at room temperature about one-half hour before putting in oven.)

RECIPES

Orange Bread

- peel of 2 seedless oranges, chopped fine
- ½ teaspoon salt
- 1 cup sugar
- 2 cups water
- 2 tablespoons shortening, melted
- 1 egg, well-beaten
- 3 cups flour
- 3 teaspoons Royal Baking Powder

Boil together orange peel, salt, sugar and 1 cup of water to make a thin syrup, about 15 minutes. Cool; measure and add remaining water to make 2½ cups. Add melted shortening and well-beaten egg. Add flour sifted with baking powder. Mix thoroughly; bake in a greased long loaf pan in moderate oven at 350° F. about 1¼ hours. Makes 1 loaf.

Corn Bread

- 1 cup flour
- 3 teaspoons Royal Baking Powder
- ¼ teaspoon soda
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 cup corn meal
- 1 egg, beaten
- 1½ cups sour milk or buttermilk
- 4 tablespoons melted shortening

Sift the first 5 ingredients together. Add the corn meal and mix thoroughly. Add beaten egg and milk to make a stiff batter. Add the melted shortening; beat until well mixed. Pour in greased shallow pan. Bake

For smooth tops on these loaves, brush them with melted butter or milk both before baking and again just before taking them from the oven. When they are baked in small pans quick breads are especially attractive for sandwiches.

Baking Powder sandwich breads are better if used the second day.

HIGH ALTITUDE. No changes are necessary.

NUT AND FRUIT BREADS. For variety, add to the master recipe 1½ cups seeded raisins; or 1 cup raisins or chopped dates with 1 cup chopped figs or prunes and ¾ cup chopped nuts; or 1 cup dried apricots and ⅔ cup chopped nuts. The fruits and nuts should be added last. Pour boiling water over the apricots and let stand; or soak several hours in cold water, drain and put through food chopper before adding.

in a hot oven at 425° F. for about 25 minutes. Break into squares; serve at once with butter. Makes 9 squares.

Boston Brown Bread

- 1 cup whole wheat or graham flour
- 1 cup corn meal
- 1 cup rye meal or ground rolled oats
- 5 teaspoons Royal Baking Powder
- 1 teaspoon salt
- ¾ cup molasses
- 1½ cups milk

Mix dry ingredients together well. Add molasses to milk; add to dry ingredients; beat well. Fill greased moulds or empty cans two-thirds full. Cover tightly and steam 3½ hours; remove the covers and bake in moderately hot oven at 400° F. until tops are dry. Makes 1 large or 2 small round loaves.

Peanut Butter Bread

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- 1 teaspoon salt
- ½ cup sugar
- ½ cup peanut butter
- 1¼ cups milk

Sift first 4 ingredients together; add peanut butter and mix in with fork. Add milk to make soft dough. Place in greased loaf pan, smooth top and bake in moderate oven at 350° F. about 1 hour. Makes 1 loaf.

GRIDDLE CAKES AND WAFFLES

Royal Griddle Cakes

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs, well-beaten
- $1\frac{3}{4}$ cups milk
- 4 tablespoons melted shortening

Sift first 3 ingredients together; add beaten eggs, milk and shortening. Mix well. Drop by spoonfuls on slightly greased hot griddle. When bubbles appear turn cakes and brown other side; do not turn a second time. Serve hot with butter and syrup. Makes 15-18.

Sour Milk Griddle Cakes

- 1 recipe for Griddle Cakes
- $1\frac{3}{4}$ cups sour milk or buttermilk
- $\frac{1}{2}$ teaspoon soda

Make griddle cake mixture, using sour milk or buttermilk in place of sweet milk. Sift soda with the dry ingredients. Bake as directed. Makes 15-18.

Bread Crumb Griddle Cakes

- 1 cup stale bread crumbs
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup milk
- 1 cup flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs, well-beaten
- 4 tablespoons melted shortening

Soak bread crumbs in water 10 minutes; add milk. Sift together flour, baking powder and salt; add to bread mixture; add beaten eggs and shortening. Mix well. Bake on slightly greased hot griddle. Makes 12.

Corn Meal Griddle Cakes

- $\frac{3}{4}$ cup yellow corn meal
- 1 cup boiling water
- 1 tablespoon molasses or brown sugar
- 1 cup sour milk or buttermilk
- 2 eggs
- $1\frac{1}{2}$ cups flour
- 3 teaspoons Royal Baking Powder
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon soda
- 3 tablespoons melted shortening

Pour boiling water over corn meal; stir until mixture thickens; add molasses, milk and whole eggs. Beat thoroughly; cool. Sift together remaining dry ingredients and add to first mixture when it is cold; add shortening. Mix well. Bake on hot slightly greased griddle. Makes 12.

Waffles

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $1\frac{3}{4}$ cups milk
- 4 tablespoons melted shortening

Sift together flour, baking powder and salt; add slightly beaten egg yolks and milk. Beat thoroughly; add shortening. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown. Makes 4 large waffles.

Rice Waffles

- 1 egg
- 1 cup cooked rice
- 1 cup milk
- 1 cup flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 4 tablespoons melted shortening

Beat eggs; add rice and milk. Sift together dry ingredients; add to rice mixture; add melted shortening; beat well. Bake in a hot waffle iron until brown. Makes 4 large waffles.

Chocolate Waffles

- $\frac{1}{2}$ cup shortening
- $\frac{3}{4}$ cup sugar
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- $1\frac{1}{4}$ cups flour
- 1 teaspoon Royal Baking Powder
- 6 tablespoons cocoa
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt

Cream shortening; add sugar slowly. Add eggs, flavoring and sifted dry ingredients; mix well. This makes a very stiff mixture. Heat waffle iron, but not as hot as for breakfast waffles. Place small spoonful of mixture in each section of the iron; bake. Serve with ice cream or whipped cream. Makes 10 small waffles.

JUDGING AND SCORING CAKES

While some prefer a feathery, fluffy cake and others a moist cake of firmer texture, it is generally agreed that a good cake must be both good to look at and good to eat. It must be even-grained, tender, light, delicate and of a delicious flavor. The following points should be carefully considered when judging good cake. The score card on Page 13 will provide a general guide in judging these points.

GENERAL APPEARANCE

The first impression one forms of a good cake is influenced by its attractive appearance. As an uncut cake, it should look as if it were tender, light and delicious to eat.

The finished cake, either layer, loaf or individual cake, is of pleasing appearance because it is proportionate in size; that is, the depth of the cake is right for its diameter. For example, 10-inch layers must be thicker than 8-inch ones. Cake layers must all be of the same thickness and evenly raised—no burned edges and high humps in the center.

The outside surface of the cake must be level, evenly browned on top and bottom and the top free from humps and cracks. These points depend upon good baking.

The appearance of the frosting should be judged as part of the whole cake. It must be smooth, tender and creamy and should be applied evenly as to thickness on the top and sides of cake. This does not mean that it should be put on absolutely smooth. It should be swirled on, showing the markings of the knife or spoon, to make it look interesting. It also gives the frosting a creamy, luscious appearance. A stiff or hard frosting that has been put on with a knife dipped in hot water to try to make it spread, should count against the score. One of the characteristic signs of a cake below standard is insufficient frosting, carelessly put on the cake. See next column for further discussion on this point.

CRUST

The bottom as well as the top crust must be well baked and evenly

browned. Crusts must be tender, of good flavor and not too thick. Neither must they be so thin that they peel off the cake. The top crust must not look "bubbly" or blistered, nor must it be "macarooned" or sugary in texture.

The color should be even and rich looking—not streaked as is the case when pans are improperly greased. The amount or degree of browning varies according to personal preference. Too light a brown is as unsatisfactory as too deep a color. Generally speaking, a color that resembles "rich coffee with cream" is most satisfactory.

TEXTURE OF CAKE

The *tenderness* of a cake can best be judged by a tasting test.

The *lightness* can be determined by gently pressing some of the cake between the fingers. Any moist sogginess, heavy streaks, or very close texture near the bottom crust and coarser texture under the top crust must be counted against the score.

A critical discussion of cakes produced by practice will serve to fix in the minds of the students, what is meant by "even grain" in a cake.

TEXTURE OF FROSTING

Frosting should be smooth and creamy—easy to cut. One that is so soft that it sticks to the knife is as unsatisfactory as one so stiff that it cracks and breaks off the cake. Needless to say, one that "runs" and does not hold its shape, is most unsatisfactory.

Sugary, grainy, and coarse looking icings rate a very low score. Uncooked icings are judged for the same points as cooked frostings.

FLAVOR OF CAKE

This is a most important point, but one often overlooked in judging cakes. An otherwise good cake, of good quality and beautiful appearance, can be absolutely lacking in fine flavor because of poor judgment in choosing the ingredients. Careful blending develops a full, rich flavor that can only come from using a good recipe, good ingredients and careful mixing meth-

ods. A delicate, fragrant *aroma* should be considered as part of the flavor. A harsh, unmellow blending of spices or extracts; the overwhelming taste of soda or salt should reduce the score for this point. If care is taken, a blend of extracts, such as vanilla and lemon, or almond and rose, can be used in certain types of cakes. Sometimes, the flavor of the crust of the cake is affected if pans have been improperly greased. Generally speaking, it is not necessary to flour cake pans, especially as this is apt to affect the flavor, color and texture of the crust.

FLAVOR OF FROSTING

Avoid too much flavoring. It should be delicate and should supplement, not disguise, the flavor of the cake. In connection with this point or under "general appearance" score off for frostings elaborately and unnaturally colored, or for weird effects in fancy decorations or frostings.

It is also most important that the right flavors and textures be used with the right kinds of cakes.

A—Plain White Frosting on white cake is not particularly interesting, but a coffee-colored Sea

Foam Frosting is delicious in flavor and most attractive in appearance.

B—A cooked, soft, creamy filling between layers with a small amount of icing on top for Chocolate Layer Cake is much more enjoyable than if the rich sugar icing were used between layers as well as on top.

C—Chocolate cakes with chocolate frostings are certainly concentrated in flavor. Therefore, it is better to use a two-layer rather than a three-layer cake. On the other hand, white frosting with chocolate cake is very acceptable in a three-layer cake.

D—Chocolate flavored icings are more satisfactory made as uncooked icings than when melted chocolate is added to cooked frostings such as Boiled or Seven-Minute Frostings. The flavor is not rich nor the color dark enough and the texture is considerably changed by the action of the fat in the chocolate on the egg whites in the frosting. Fudge Frosting, which is a cooked mixture, is the notable exception to this statement.

ROYAL SCORE CARD FOR JUDGING CAKES

	Perfect Score	
GENERAL APPEARANCE—Of whole cake....	10	
Shape of layers or whole cake.....	5	
Appearance of icing.....	5	20
CRUST—Texture and depth.....	5	
Color of crust.....	5	10
TEXTURE OF CAKE—Lightness and tenderness	15	
Even grain	15	30
TEXTURE OF ICING—Smooth, not grainy...		10
FLAVOR OF CAKE		20
FLAVOR OF ICING.....		10
TOTAL.....		100

STEPS IN MAKING BUTTER CAKES

1. "CREAM SHORTENING." This means rubbing against the side of the bowl until very soft and waxy in consistency. If shortening is left at room temperature to soften, this process is a simple one. A wooden spoon is easy, quick and quiet for creaming. Do not melt shortening unless recipe says so.

2. "ADD SUGAR SLOWLY." The addition of small quantities at a time works and blends the sugar into the shortening thus dissolving the sugar as much as possible in the fat, making delicate grained cake. Use a finely granulated sugar or sift ordinary granulated sugar.

3. "ADD EGG YOLKS OR WHOLE EGGS." They may be beaten before adding or may be added unbeaten, one at a time, beating well between each addition. Beat the entire mixture until light yellow in color. In white cakes this step may be omitted. For adding egg whites, see Step 7.

4. "ADD FLAVORING." It is best to add it here to avoid omitting it.

5. "SIFT FLOUR, BAKING POWDER AND SALT." Sifting means putting through a strainer or regular flour sifter. Always sift flour once before measuring. One cup of unsifted flour measures about $1\frac{1}{3}$ cups sifted flour. All recipes are based on flour measured after one sifting. Sift flour again with other dry ingredients, including spices, if used, to blend them thoroughly.

6. "ADD ALTERNATELY WITH MILK." Alternating the dry ingredients with the liquid produces a smoother and thoroughly mixed batter. Add some of the dry ingredients first. If milk or other liquid is added before any flour, especially if the liquid is very cold, a curdled appearance often results which may affect the grain of the cake. Mix well but do not beat. Long vigorous beating makes a tough cake with large holes. Mix well but only long enough to make a smooth batter, free from all lumps.

7. "MIX IN BEATEN EGG WHITES." Egg whites should be beaten stiff but not dry looking. Fold into the batter carefully until completely blended. Beat about $\frac{1}{2}$ minute to make a smooth, fluffy mixture. In white cakes, some or all of the egg whites may be added, unbeaten and one at a time to the creamed shortening and sugar mixture.

8. "BAKE IN GREASED PANS." Use loaf, layer, square, cup cake or muffin pans; grease bottoms of pans well, using an unsalted fat. Cakes will rise more evenly if sides of pans are not greased. For rich loaf cakes, grease pans, line with heavy waxed paper and grease again very lightly. Fill pans not more than $\frac{2}{3}$ full. If too full, batter runs over the edge. Spread the batter into the corners of the pan, leaving slightly lower at the center. Cake will then be level on top when baked.

9. "IN MODERATE OVEN." Light and regulate the oven before starting to mix the cake. Layer and cup cakes bake in 20-25 minutes in moderate oven at 375° F. Because of their thickness, loaf cakes require longer baking at a lower temperature of 350° F. for about 1 hour.

10. "WHEN CAKE IS DONE"—it shrinks from the sides of the pan; the top of the cake springs back and does not show a depression when pressed lightly with finger; moist, unbaked dough *does not* stick to a cake tester or tooth pick inserted in center; when cake is held to the ear, it does not "sing." Do not attempt to remove cake from the pan until it has been out of the oven for 5 minutes. If the pan has been lined with paper, the cake may be removed sooner. Then loosen with knife or spatula and turn out on wire cake cooler; turn a butter cake right side up. Cool before frosting.

MASTER RECIPES FOR ROYAL BUTTER CAKE

Small Loaf or 2-Layer Cake

- 1/4 cup shortening
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups cake flour
- 3 teaspoons Royal Baking Powder
- 1/4 teaspoon salt
- 2/3 cup milk

Makes 1 small loaf or 2 nine-inch layers or 3 eight-inch layers.

Large Loaf or 3-Layer Cake

- 1/2 cup shortening
- 1 1/4 cups sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups cake flour
- 2 1/2 teaspoons Royal Baking Powder
- 1/4 teaspoon salt
- 2/3 cup milk

Makes 1 large loaf or 3 nine-inch layers.

Method I. Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs, one at a time, beating well after each egg is added. Add vanilla. Sift together dry ingredients and add alternately with milk to first mixture. Bake in greased loaf pan in moderate oven at 350° F. about 1 hour, or in greased layer cake pans in moderate oven at 375° F. about 25 minutes.

Method II. Cream shortening; add sugar slowly, beating in well. Add well-

beaten egg yolks and beat until well blended. Add vanilla extract. Sift together dry ingredients and add alternately with milk to first mixture. Fold in stiffly beaten egg whites. Bake in a greased loaf pan in moderate oven at 350° F. about 1 hour, or in greased layer cake pans in moderate oven at 375° F. about 25 minutes.

HIGH ALTITUDE. The following changes are based on the master recipes.

From sea level to 3,000 ft., no changes are necessary.

From 3,000 ft. to 5,000 ft., use about 1 tablespoon less sugar and about 1/2 teaspoon less baking powder.

From 5,000 ft. to 7,000 ft. use about 2 tablespoons less sugar and about 1/2 teaspoon less baking powder. In rich cakes use about 1/4 cup less sugar and about 1/2 teaspoon less baking powder. Increase baking temperature 5°.

From 8,000 ft. to 10,000 ft., use about 1/4 cup less sugar, about 1 teaspoon less baking powder, and about 1 tablespoon less shortening. In rich cakes, use about 1/2 cup less sugar, about 1 teaspoon less baking powder, and about 2 tablespoons less shortening. Increase baking temperature 10° to 15°.

RECIPES

Chocolate Layer Cake

- 1 recipe for Three-Layer Cake
- 1 recipe Old-Fashioned Chocolate Filling and Icing

Bake 3-layer cake as directed; cool. Put layers together with filling; cover top and sides with icing.

Old-Fashioned Chocolate Filling and Icing

- 4 squares unsweetened chocolate
- 2 tablespoons butter
- 1/2 cup milk
- 3 tablespoons cornstarch
- 3 1/2 cups confectioner's sugar
- 2 egg yolks
- 1/4 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 4 tablespoons cream

Melt the chocolate and butter together in top of double boiler. Mix the cornstarch with the milk; add slowly to melted chocolate, stirring until thick and smooth. Add 1 1/2 cups confectioner's sugar and salt to egg yolks; add to first mixture. Continue to cook while beating until smooth. Add vanilla extract. Cool.

Use 1/2 of this mixture to spread thickly between the layers of the cake.

Use the other half for icing by adding remaining 2 cups of confectioner's sugar and the cream slowly, beating until smooth. Spread on top and sides of cake. Makes 1 three-layer cake.

Orange Pineapple Cake

- 1 recipe for Three-Layer Cake (page 15)
- 1 recipe for Orange Pineapple Filling
- 1 recipe for 7-Minute Frosting (page 18)
- 12 orange sections
- 6 small pieces pineapple

Make layer cake batter; bake as directed; cool. Spread filling between layers. Cover top and sides with frosting. Decorate top with orange sections, free from all skin, and pineapple pieces.

Orange Pineapple Filling

- 3 tablespoons corn starch
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup cold water
- $\frac{1}{2}$ cup orange juice
- 1 tablespoon lemon juice
- 1 egg yolk
- 2 tablespoons butter
- 2 slices canned pineapple, chopped
- grated rind 1 orange

Mix together corn starch and sugar; add water. Cook in double boiler until thick, stirring constantly; add orange and lemon juice; continue to cook until thick again; add slightly beaten egg yolk. Cook 3 minutes longer; remove from fire; add butter, pineapple and orange rind. Cool and spread between layers of cake. Makes 1 three-layer cake.

Spanish Cake

- $\frac{1}{2}$ cup shortening
- 1 cup sugar
- 2 eggs
- 2 cups cake flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup milk

Cream shortening; add sugar slowly, beating in well. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder and cinnamon. Add alternately with milk; mix well. Bake in greased tube pan in moderate oven at 350° F. about 1 hour. Cover with Sea Foam Frosting (page 18). Makes 1 eight-inch cake.

Caramel Pecan Loaf

- 1 recipe for Large Loaf Cake (page 15)
- 1 recipe for Caramel Frosting (page 18)
- halved pecan nut meats

Make the loaf cake and bake as directed. Cool. Cover top and sides with Caramel Frosting; garnish with pecan nut meats. Makes 1 large loaf.

Mahogany Cake

- $\frac{1}{2}$ cup cocoa
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup shortening
- $1\frac{1}{2}$ cups sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups cake flour
- $2\frac{1}{2}$ teaspoons Royal Baking Powder
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ cup milk
- 1 recipe for Fudge Frosting (page 18)

Cook cocoa and $\frac{1}{2}$ cup milk together until smooth and thick; cool. Cream shortening; add sugar slowly, beating in well. Add unbeaten eggs, one at a time, beating well after each addition. Add flavoring. Sift together dry ingredients; add alternately with milk to creamed mixture. Add chocolate mixture; and mix well. Bake in 2 greased nine-inch layer cake pans in moderate oven at 350° F. about 20 minutes; or bake in an oblong baking pan about 30 minutes. Put layers together and cover top and sides of cake with frosting; or spread frosting thickly on top of cake in oblong pan; cut into squares to serve. Makes 1 two-layer cake.

Devil's Food Layer Cake

- 1 recipe for Mahogany Cake
- 1 recipe for Boiled Frosting (page 18)

Make the cake batter as directed and bake in three 9-inch layers. Cool. Put the layers together and cover the top and sides of cake with the frosting. Makes 1 three-layer cake.

White Cake

- $\frac{1}{4}$ cup shortening
- 1 cup sugar
- 3 egg whites
- 1 teaspoon vanilla extract
- 2 cups cake flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup milk

Cream shortening; add sugar slowly, beating in well; add unbeaten egg whites, one at a time, beating well after each addition. Add flavoring. Sift together the flour, baking powder and salt; add alternately with milk to first mixture. Pour into well-greased (8-inch spring form) round loaf pan. Bake in moderate oven at 350° F. about 50 minutes. For layers, bake in 2 well-greased nine-inch layer cake pans in moderate oven at 375° F. about 25 minutes. Makes 1 eight-inch round loaf or 2 nine-inch layers.

ANGEL, SPONGE AND POUND CAKES

Angel Cake

8 egg whites
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{3}{4}$ cup fine granulated sugar
 $\frac{3}{4}$ cup cake flour
1 teaspoon Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla or almond extract

Whip egg whites to stiff froth; beat in cream of tartar; fold sugar in lightly. Fold in flour sifted 3 times with baking powder, salt; add flavoring. Bake in ungreased tube pan in moderate oven at 350° F. about 50 minutes. Invert cake in pan and let stand till cold. Makes 1 ten-inch cake.

Coffee Sponge Cake

$\frac{1}{2}$ cup ground Chase & Sanborn Coffee
 $\frac{3}{4}$ cup cold water
3 eggs
1 teaspoon vanilla extract
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup cake flour
1 teaspoon Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt

Mix the coffee with water and bring it to a boil; let stand five minutes; strain through fine cheese-cloth. Add the egg yolks and beat until light. Add the vanilla extract. Add the sugar gradually and beat for five minutes. Sift the flour with baking powder and salt; add gradually to the first mixture. Fold in the stiffly beaten egg whites. Bake in an ungreased tube pan in a moderate oven at 325° F. for about 40 minutes. Invert the cake in pan and let stand until cold. Makes 1 nine-inch cake.

Sunshine Cake

$1\frac{1}{4}$ cups granulated sugar
6 tablespoons cold water
6 eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla extract
1 cup cake flour
1 teaspoon Royal Baking Powder

Cook sugar and water together to 238° F. or until the syrup spins a thread; remove from fire. Add salt to egg white and beat until stiff. Beat in hot syrup slowly; continue to beat until quite cool. Add flavoring. Beat egg

yolks until thick; blend with egg white mixture. Sift together dry ingredients twice; add to egg mixture; blend carefully. Bake in large ungreased tube pan in moderate oven at 350° F. about 1 hour. Makes 1 nine-inch cake.

Sponge Cake

6 eggs
1 cup sugar
grated rind of $\frac{1}{2}$ lemon
2 tablespoons lemon juice
1 cup cake flour
 $\frac{1}{2}$ teaspoon Royal Baking Powder
 $\frac{1}{2}$ teaspoon salt

Beat egg yolks with wire whip until thick; gradually add sifted sugar, beating continually. Add grated rind and lemon juice. Whip egg whites until stiff but not dry; fold half the egg whites into the first mixture. Fold in the sifted dry ingredients; add remaining egg whites; mix lightly. Bake in an ungreased tube pan in moderate oven at 350° F. about 50 minutes. Remove from oven, invert cake in pan and let stand until cold. Makes 1 ten-inch cake.

Holiday Pound Cake

1 cup shortening
1 cup powdered sugar
4 eggs
2 cups flour
2 teaspoons Royal Baking Powder
1 teaspoon vanilla extract
 $1\frac{1}{2}$ cups sliced citron
 $1\frac{1}{2}$ cups walnut meats, coarsely chopped

Cream shortening; add the sugar slowly, beating in well. Add eggs, one at a time, beating well after each addition. Add vanilla. Add the sifted dry ingredients, mixing well. Add citron and nuts. Bake in 1 very large or 2 regular size greased loaf pans in moderate oven at 325° F. about 1 hour. Makes 1 large or 2 small cakes.

Washington Fruit Pound Cake

1 recipe for Holiday Pound Cake
 $\frac{1}{2}$ cup preserved ginger, cubed
 $\frac{3}{4}$ cup candied cherries, sliced

Make the cake mixture, omitting nuts and citron, and adding ginger and cherries instead. Bake as directed. Makes 1 large loaf.

FROSTINGS AND FILLINGS

FROSTINGS. Frostings are made of sugar syrup boiled to a certain temperature, poured over beaten egg whites and then beaten to desired consistency.

The use of one tablespoon of white corn syrup with each cup of sugar will produce frosting which remains creamy and smooth for several days.

ICINGS. Icings are sugar mixtures that are not cooked. They are made of fine confectioner's sugar blended with other ingredients to make smooth and of a proper consistency to spread.

FILLINGS. The term "fillings" applies to both frostings and icings when they are used between layers of cake as well as on top, but the true group of fillings include the whipped cream variety and the smooth cooked custard-like ones.

Seven-Minute Frostings

- 1 unbeaten egg white
- $\frac{7}{8}$ cup granulated sugar
- 3 tablespoons cold water
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon Royal Baking Powder

Place first 3 ingredients in top of double boiler. Place over boiling water and beat with egg beater for 7 minutes or until thick. Remove from fire; add flavoring. Beat until thick and nearly cold; add baking powder. Continue to beat until thick enough to spread on cake without running. Sufficient for 1 loaf or 2-layer cake.

Boiled Frosting

- 2 cups granulated sugar
- 1 cup water
- 2 egg whites
- 1 teaspoon flavoring extract
- $\frac{1}{4}$ teaspoon Royal Baking Powder

Boil sugar and water without stirring to 238° F. or until syrup spins a thread; pour slowly over stiffly beaten egg whites. Add flavoring and continue to beat until thick and cold. Add baking powder and beat until thick enough to spread on cake without running. Sufficient for 1 large loaf or 3-layer cake.

Sea Foam Frosting

- $\frac{1}{2}$ cup light brown sugar
- 1 cup granulated sugar
- $\frac{1}{4}$ cup water
- 2 tablespoons strong Chase & Sanborn Coffee
- $\frac{1}{4}$ teaspoon cream of tartar
- 2 egg whites
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon Royal Baking Powder

Boil sugar, water, coffee and cream of tartar without stirring until syrup spins a long thread at 248° F. Remove from fire; beat egg whites until stiff. Add syrup very slowly to the egg white; beating continually; add salt. Beat until thick; add baking powder and continue to beat until thick enough to spread on cake without running.

Fudge Frosting

- 2 cups sugar
- 2 tablespoons corn syrup
- 3 squares unsweetened chocolate
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon Royal Baking Powder
- 2 tablespoons butter
- 1 teaspoon vanilla extract

Cook sugar, corn syrup, chocolate and milk 232° F. or until syrup forms a very soft ball when tested in cold water. Stir occasionally to prevent burning. Remove from fire, add baking powder and butter. Cool to lukewarm. Add vanilla extract and beat until creamy and right consistency to spread.

Caramel Frosting

- 2 cups light brown sugar
- $\frac{3}{4}$ cup thin cream
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon cream, or more

Boil together first 4 ingredients to 238° F. Remove from fire and let stand, without stirring, until cold. Beat, adding additional cream, a teaspoon at a time, until mixture becomes light in color and right consistency to spread on cake.

STEAMED PUDDINGS AND BAKED DESSERTS

Many favorite cakes can be miraculously changed into pudding desserts simply by steaming instead of baking them. They are almost never-failing and always popular. The long, slow cooking develops a delicate flavor and texture. Great variety is possible, both in the puddings and in the sauces to accompany them.

EQUIPMENT. Pudding moulds for steaming are always equipped with a tight fitting cover. Be certain that it does fit well, and if it lifts off too easily, place enough thicknesses of waxed paper inside to make it tight. The mould and inside of cover should be well greased, and the mould filled not more than $\frac{2}{3}$ full. Individual puddings can be made in cups if the tops are carefully covered with waxed paper, tied tightly with string.

A regulation steamer, used for vegetables, meats, custards and cereals is excellent for steaming puddings, or use a large enough saucepan or deep kettle to take the entire mould, filling the pan about $\frac{1}{2}$ full with boiling water. Place mould of pudding on a rack in the water. Cover well; keep water boiling for entire time, replacing with boiling water as it boils away.

RECIPES

Christmas Fruit Pudding

- 2½ cups flour
- ¼ teaspoon soda
- 3 teaspoons Royal Baking Powder
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ¾ cup beef suet, finely chopped or
- ½ cup butter, melted
- 1 cup molasses
- 1 cup seeded raisins, floured
- 1 cup milk
- ½ cup currants, floured
- ½ cup citron, sliced

Sift dry ingredients twice. Add the other ingredients in the order given. Pour into buttered moulds; steam 2 hours. Serve with Hard Sauce or other pudding sauce. Makes 4 small puddings.

Cottage Pudding

- ½ cup shortening
- 1 cup sugar
- 1 egg, well-beaten
- ½ teaspoon vanilla extract
- 2 cups cake flour
- 2½ teaspoons Royal Baking Powder
- ¼ teaspoon salt
- 1 cup milk

Cream shortening well; add sugar slowly, beating in well. Add beaten egg and vanilla, beat well until blended. Add the sifted dry ingredients alternately with the milk; mix well. Pour in well-greased 8-inch square pan and bake in moderate oven at 350° F. about 1 hr. Serve with Lemon, Chocolate or other sauce. Makes 8 servings.

Banana Cottage Pudding

- 1 recipe for Cottage Pudding
- 2 or 3 bananas
- lemon juice

Make pudding as directed. Arrange sliced bananas close together on top;

sprinkle with lemon juice. Bake in moderate oven at 350° F. about 40 minutes. Serve warm with Lemon or Butterscotch Sauce. Makes 8 servings.

Old-Fashioned Strawberry Shortcake

- 1 master recipe for Biscuits (page 8)
- 2 tablespoons sugar
- 1 quart strawberries, crushed and sweetened

Make biscuit dough as directed, adding sugar to dry ingredients. Divide dough in half. Shape into two rounds to fit a layer cake pan. Place one round in pan; spread with soft butter. Place other round on top. Bake in a moderately hot oven at 400° F. about 25 minutes. Split while hot and butter. Spread with crushed berries between and on top of layers. Serve with or without cream. Makes 8 servings.

Steamed Fig Pudding

- ¼ cup shortening
- 1 cup sugar
- 1 egg
- ½ teaspoon vanilla extract
- 2 cups flour
- 4 teaspoons Royal Baking Powder
- ½ teaspoon salt
- 1 cup milk
- 1½ cups chopped figs

Cream shortening; add sugar slowly, beating in well. Add egg and vanilla extract; mix well. Add sifted dry ingredients alternately with milk. Add figs. Pour into greased pudding mould; cover tightly and steam for 2 hours. Serve with any pudding sauce desired. Makes 1 large pudding.

THE COOKIE JAR

ROLLED COOKIES. The dough must be stiff enough to roll out easily on a floured board. Very rich mixtures often become soft from handling and are difficult to roll out. If these doughs are first chilled in the refrigerator, they handle more easily, thus avoiding the use of much extra flour, which when worked into the dough causes a dry, floury streaked cookie.

SLICED COOKIES. Any dough for rolled cookies may be formed into rolls or packed into a pan and chilled several hours in the refrigerator. Before slicing, the dough should be very hard and each cookie sliced off thinly with a sharp knife. This method is time saving, eliminates a floury board, rolling pin and cutters, and is simpler for the beginner, especially when rich, buttery mixtures are used.

DROPPED COOKIES. This mixture is too soft to roll out, but stiff enough to hold its shape without flattening out completely. Drop the mixture by small spoonfuls on a baking sheet. Place about 1 inch apart to allow for some spreading.

KEEPING COOKIE DOUGH. Any dough for rolled or sliced cookies may be kept in the refrigerator if well wrapped in waxed paper. A portion of it can be baked at any time; different flavorings, nuts, fruits, etc., may be added, thereby making many varieties from a single mixing.

RECIPES

Sugar Cookies

A Master Recipe

- 3 cups flour
- 1 teaspoon Royal Baking Powder
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{4}$ cups sugar
- 1 cup shortening
- 3 eggs
- 1 teaspoon vanilla extract

Sift together dry ingredients. Add shortening, mixing in with a fork. Add unbeaten eggs and flavoring; mix well. Roll out very thin on floured board and cut with floured cookie cutter. Decorate tops if desired. Bake on greased baking sheet in moderate oven, 375° F. for 8 minutes. Makes 6 dozen.

Hermits

- 6 tablespoons shortening
- $\frac{1}{2}$ cup sugar
- 1 egg
- $\frac{1}{2}$ cup molasses
- $1\frac{3}{4}$ cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ cup milk
- 1 cup seeded raisins

Cream shortening. Add sugar, egg and molasses; mix well. Sift the dry ingredients; add alternately with the milk. Add raisins; mix well. Drop on greased baking sheet; bake in moderate oven at 350° F. about 10 minutes. Makes 3 dozen.

Soft Molasses Cookies

- $\frac{1}{2}$ cup lard or other shortening, melted
- 1 cup molasses
- 2 tablespoons warm water
- 1 egg, beaten
- 3 cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon ground ginger
- $1\frac{1}{2}$ teaspoons cinnamon

Mix together shortening, molasses and warm water; add beaten egg. Sift together dry ingredients and add to first mixture; mix thoroughly and let stand about 10 minutes. Roll out on floured board to $\frac{1}{3}$ inch thick; cut with round cookie cutter. Bake in moderately hot oven at 400° F. about 15 minutes. Makes 4 dozen.

PASTRY

The Master Recipe

2 cups flour
½ teaspoon Royal Baking Powder
½ teaspoon salt
¾ cup shortening
5 to 6 tablespoons iced water

Sift together dry ingredients; add shortening, mixing in with a fork or finger-tips, until crumbly in appearance. Add water, a spoonful at a time, mixing until dry mixture is moistened just enough to hold it together. Work lightly with the hands until smooth.

FOR FILLED AND COVERED PIES.

Divide the dough in half; roll out on floured board to ⅛ in. thick. Fit into pie pan and trim edges even with pan. Roll out remaining dough for top crust, fold in half and make a few slits in it near center of the fold. Put filling in lower crust, moisten edges of crust with water. Place top crust loosely over filling. Press edges lightly together. Trim off edges and press the crusts firmly together, using the fingers or a fork. Bake in a hot oven at 475° F. about 10 minutes. Reduce heat and bake as directed according to the fillings. Makes 1 eight-inch pie.

FOR PASTRY AND TART SHELLS.

Use ½ the master recipe. Roll out dough to ⅛ inch thick. Fit into pie pan; turn edges under and pinch into scallops with the fingers. Prick all over with fork. Bake in a hot oven at 475° F. about 8 to 10 minutes. Makes 1 eight-inch shell or 4 tart shells.

KEEPING PASTRY. Much time can be saved by making a large recipe for pastry at one time, wrapping well in waxed paper and keeping in the refrigerator several days. Aside from convenience of having it on hand, the thorough chilling makes it easy to handle. As much as needed can be cut off from the piece, rolled out and baked at one time.

COMMON CAUSES OF FAILURE.

Over-mixing of flour and fat. Too much water makes a tough pastry. Too much handling develops a tough crust. Too slow an oven does not permit flakiness. Pastry should contain only enough water to hold the dough together and should be lightly and quickly handled.

HIGH ALTITUDE. No changes are necessary.

RECIPES

Apple Pie

1 master recipe for Pastry
4 cups sliced tart apples
¼-½ cup sugar
cinnamon or nutmeg as desired
1 tablespoon butter

Prepare pastry as directed, fill with thinly sliced apples, sprinkle with sugar and spices mixed together; dot with bits of butter. Cover with top crust as directed. Bake in hot oven at 475° F. about 10 minutes. Reduce temperature to 375° F. and bake about 30 minutes or until the apples are tender. Makes 1 eight-inch pie.

Fresh Berry Pies

1 master recipe for Pastry
3 cups blueberries, blackberries or raspberries
¾ cup sugar
1½ tablespoons flour
½ teaspoon salt
1 tablespoon butter

Prepare pastry as directed. Mix fruit with sugar, flour and salt. Put into lower crust; dot with butter. Cover with top crust or lattice strips. Bake in hot oven at 475° F. for 10 minutes. Reduce the temperature to 425° F. and bake about 20 minutes longer. Makes 1 eight-inch pie.

Cherry Pie

1 master recipe for Pastry
4 cups sour cherries, pitted
½ cup sugar, or more
¼ cup flour

Prepare pastry as directed. Mix together cherries, sugar and flour. Put into lower crust; cover with top crust. Bake in a hot oven 475° F. and bake 20 minutes longer. Makes 1 eight-inch pie.

Custard Pie

½ master recipe for Pastry
3 eggs, beaten slightly
½ cup sugar
½ teaspoon salt
1 teaspoon vanilla extract or
½ teaspoon nutmeg
2 cups milk, scalded slightly

Prepare and bake pastry shell in hot oven at 475° F. about 8 minutes, until set but not brown. Add sugar, salt and flavoring to eggs; add scalded milk slowly. Pour into the partially cooked crust. Bake in moderate oven at 325° F. about 30 minutes. The custard is baked when knife put in center comes out dry. Makes 1 eight-inch pie.

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Made with
PURE CREAM
of **TARTAR**

